

Federation of State Boards of Physical Therapy
Statement to Clinician Well-Being and Resilience

The Federation of State Boards of Physical Therapy (FSBPT®) is a membership organization for the 53 physical therapy licensing boards in the United States. FSBPT develops the National Physical Therapy Examination (NPTE®) for its members as well as provides leadership and support for its members. FSBPT's mission is to protect the public by providing service and leadership that promote safe and competent physical therapy practice. Its vision is to achieve a high level of public protection through a strong foundation of laws and regulatory standards in physical therapy, effective tools and systems to assess entry-level and continuing competence, and public and professional awareness of resources for public protection.

Assuring on-going competence of licensees is a priority for FSBPT's member boards. As a result, FSBPT has promoted various models and tools for licensing board use to help assure ongoing competence of licensees. FSBPT is committed to promoting best practices related to assuring on-going competence of licensees that are supported by the best available evidence.

Over the past few years, FSBPT has been exploring the relationship of burnout to incompetence and the link between healthy practice, well-being and engagement to competence. FSBPT has initiated a research project to identify the factors and risks that lead to incompetence and burnout in physical therapists. FSBPT's Continuing Competence Committee, under guidance of FSBPT's Board of Directors, is exploring the risks identified by this research with the ultimate goal of determining how these risks can be mitigated and which supports can be provided to assist in this mitigation. The Committee is moving beyond the traditional approach of counting hours of participation in continuing education, which is not supported by the current evidence as an indicator of competence. The current focus is much more on prevention of harms and the promotion of supports.

Thus, FSBPT's Continuing Competence Committee is developing a model for continuing competence that helps physical therapists identify potential problem areas and risks before they become big problems. They are exploring a new role for regulators that is not simply punitive and assuring compliance with regulations but one that can be supportive and promotes engagement and competence. The Committee is exploring resources that would be appropriate for board use when assisting licensees prevent and deal with burnout.

The Committee has also recognized the need for collaboration with other entities in promoting engagement and competence. Thus, FSBPT is committed to partnering with appropriate stakeholders in promoting patient safety and the competence and engagement of licensees by providing resources and services to help mitigate risks. FSBPT believes that effective protection of the public and promotion of patient safety includes a responsibility to ensure physical therapist well-being.